KEEP WHAT YOU'VE EARNED TRAINING PRESENTATION:
RESPONSIBLE VS. DESTRUCTIVE

SESSION 3 | 2013

DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED

WHAT'S RESPONSIBLE DRINKING?

- Drinking responsibly can be easier than you think. Follow these three guidelines:
  1. Plan ahead for a safe ride home
  2. Don't try to "keep up" with others
  3. Know your limit before you get there (and before you start drinking!)
- Choosing to drink without concern of consequences can lead to serious damages to your career, health, and life.
  - Career set-backs
  - Financial loss
  - Separation from family and friends
  - Liver failure, cancer and heart disease

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WHAT ELSE IS THERE TO DO?

Don’t waste your weekend getting wasted.

- You may be at your Navy base for only a couple of years. Don’t leave never having explored the community around you!
  - Most Navy bases are near a beach—have you ever tried surfing?
  - There is more to a city than it’s nightlife—check out the hidden gems in your town.
  - Look at your installation’s MWR website for activities and events near you.

Local Activities and Info

- *Complete this box with information local to your Navy community.*
- *For example, Great Lakes commands can share information about transportation options to Chicago, Chicago’s best deep-dish pizza spots, etc.*

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IS YOUR DRINKING A PROBLEM?

Signs That You May Be Drinking Too Much

- Not having control over the amount of alcohol you consume
- Alcohol negatively affecting your work and/or relationships with others
- Poor judgment and risk taking
- Confused thinking
- Difficulty remembering details or events
- Slow reaction time and reflexes
- Distorted vision and blackouts
- Anger or depression
- Continuing to drink even after knowing that you've reached your limit
- Continuing to drink even after recognizing the problems it's caused
- Needing to use alcohol to start or get through the day
- Trying to hide alcohol use

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WHERE CAN YOU GO FOR HELP?

The Self-Referral Process

- A self-referral is initiated by a Sailor who desires counseling or treatment for drug and/or alcohol abuse.
- Self-referrals do not result in disciplinary action.
- Qualified self-referral agents include:
  - Command Drug and Alcohol Program Advisors (DAPA)
  - Commanding officer, XO, OIC, or CMDCM/ Chief of the Boat (COB)
  - Navy drug and alcohol counselor (or intern)
  - DoD medical personnel (including LIP)
  - Chaplain
  - Fleet and Family Support (FFS) center

RESOURCES

- Speak to your command DAPA
- Visit www.nadap.navy.mil
- Call 1-866-U-ASK-NPC

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